Give the gift of delicious coffee
Order by December 22 for early January delivery
headlinecoffee.ca

Ottawa metro

Your essential daily news | TUESDAY, NOVEMBER 29, 2016 | High 5°C/Low 0°C Freezing rain

1,000 REPORTED SEXUAL ASSAULTS IN THE MILITARY THIS YEAR
metroNEWS

TERRIBLE CHOICE: PAY FOR HYDRO OR FOOD

With so many families struggling, food banks are urging the province to boost assistance
metroNEWS

Ottawa Food Bank volunteer Juan Tejeda packs boxes of donated food on Monday afternoon. HALEY RITCHIE/METRO

Police need to do better for female officers

EQUALITY

'The women we hire aren't treated equally,' chief concedes

Haley Ritchie
Metro | Ottawa

Police Chief Charles Bordeleau told the Ottawa Police Services Board on Monday that the force is dedicated to improving work life for its female members after an audit found equality is lacking.

"The women we hire and attract to our police force aren't treated equally," said Bordeleau, referring to the audit commissioned to look at things like recruitment advertising efforts and who is promoted through the ranks.

The report was part of a settlement after officer Barbara Sjaarda filed a human rights complaint in 2012. Sjaarda complained after her maternity leaves impacted her training and promotion opportunities.

The audit found there are 327 female sworn officers, around 23 per cent of the force's total.

When the audit delved into who is promoted in the police force, it found women are less likely to be promoted and are disadvantaged by family status or maternity needs.

Some women surveyed raised concern about being relegated to patrol and "soft policing" like community officers, sexual assault, domestic violence and schools.

"The issue is attracting women to our policing is one challenge, but once they are in the organization is to make sure they have access to equal opportunities like their male counterparts," said Bordeleau.

The next phase of the project will focus on new policies meant to equalize job promotions, including a human rights accommodation policy.

ACHIEVE YOUR FRENCH/ENGLISH LANGUAGE LEARNING GOALS

Together with our certified, dedicated instructors, innovative course and up-to-date facilities, we can help you achieve your language learning goals, putting you on the path to success.
ALGONQUIN COLLEGE
ALGONQUINCOLLEGE.COM/LANGUAGE

BURTON
Burton's snowboard equipment, apparel and accessories are made for adventure. With outerwear and apparel styles for the whole family, the weather will never dictate your day on the mountain. Shop a wide selection of snowboards and snowboard boots with styles for the rookie or experienced rider.

SPORTING life
SPORTINGLIFE.CA

The Shops AT LANSDOWNE

125 MARCHÉ WAY, OTTAWA, K1S 5J3. TEL: 613 216 6000.
FREE UNDERGROUND PARKING.

metro NEWS
Your essential daily news

Dictionary.com's word of the year is darkly appropriate. **World**

Drop in rental vacancy rate

HOUSING

Staying around 3 per cent is 'new normal,' expert says

Ryan Tumilty
Metro | Ottawa

Ottawa's rental market has gotten slightly better for landlords, but it's still not a bad one for renters.

New data from the Canadian Mortgage and Housing Corporation (CMHC) shows the city has a three per cent vacancy rate right now, down from 3.4 per cent a year ago.

Anne-Marie Shaker, a senior market analyst with CMHC, said that should make business slightly easier for landlords.

"It's a decline from last year, so it is an improvement in market conditions," she said.

She said the Ottawa vacancy rate has been around three per cent for several years now, and the agency is forecasting it will stay around that mark for the next two years.

"It's not as tight as the 1.9 or 1.4 that we saw in the 1990s, so I think this is the new normal," she said.

CMHC attributes increased employment among people between 15 and 24 years of age as one of the primary drivers of the drop in vacancy rates, as well as an increase in people coming to the city.

"It is clear that the driver here is stronger demand and stronger demand is coming from more people," said Shaker.

Not all parts of the city are created equally in the vacancy rate, with the Chinatown and Hintonburg area tighter at 1.8 per cent and South Keys at 3.5 per cent.

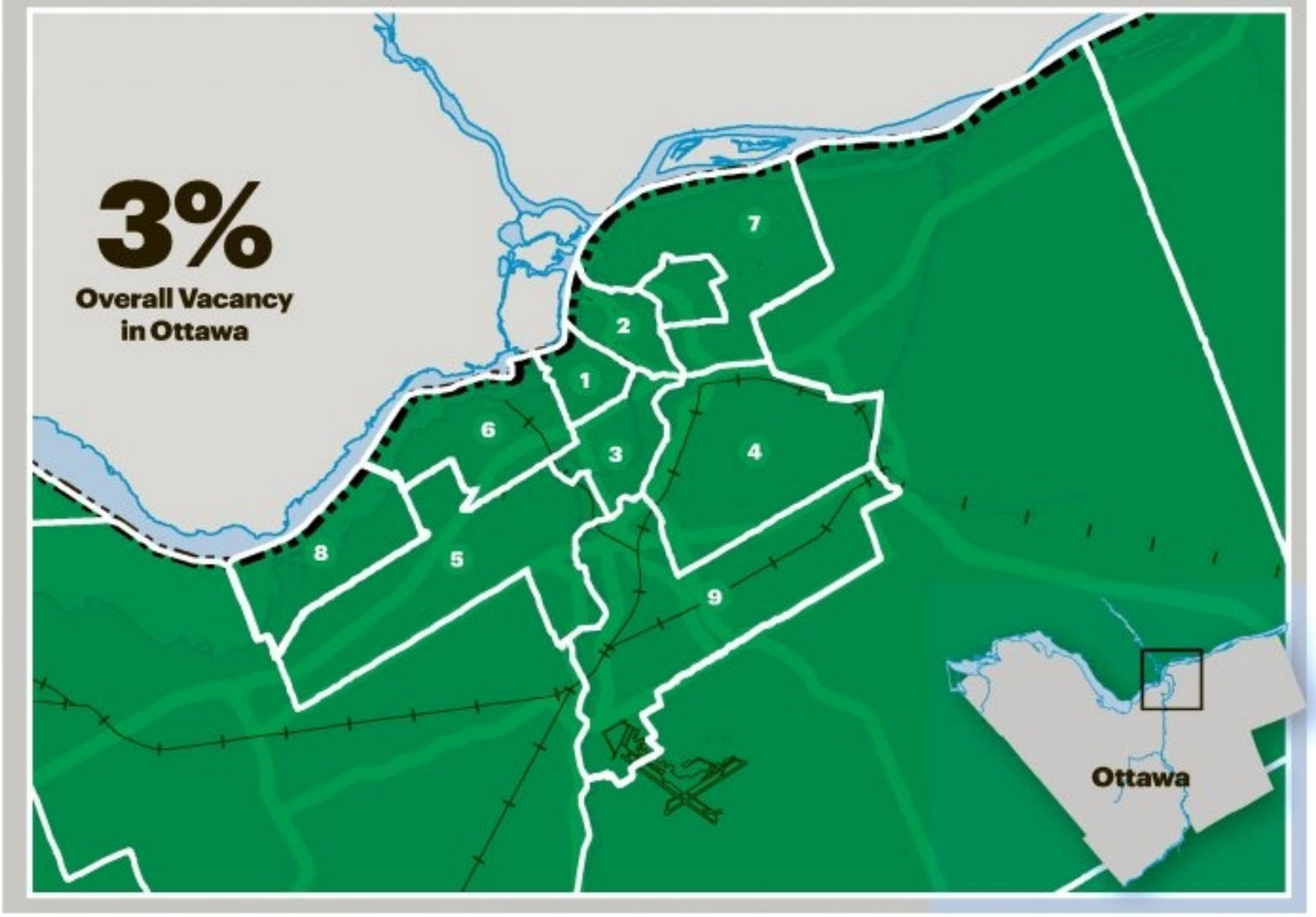
It is clear that the driver here is stronger demand and stronger demand is coming from more people.
Anne-Marie Shaker

VACANCY RATE	
2.4%	Bachelor apartment
2.8%	One bedroom apartment
3.0%	Two bedroom apartment

Mapped | Ottawa region vacancies

The Canadian Mortgage and Housing Corporation released new data on vacancy rates across the country on Monday. Overall, Ottawa's vacancy rate is three per cent, but that varies considerably depending where in town you want to live.

1. Downtown 1.9%
2. Sandy Hill 3.4%
3. Glebe / Old Ottawa South 3%
4. Alta Vista 1.9%
5. Carlington 2.3%
6. Chinatown / Hintonburg 1.8%
7. New Edinburgh 2.6%
8. Westboro 1.9%
9. South Keys 3.5 %



Come experience Ottawa's Newest Asian Buffet!
ALL-YOU-CAN-EAT ASIAN BUFFET

ECLIPSE
ASIAN CUISINE
1930 Innes Rd., Gloucester (at Blair)
613-746-2323 www.eclipseasiancuisine.com
10% OFF pick-up orders over $20 before tax. Delivery available for orders over $30 before tax.

Valid Mon - Thu
$5 OFF PER TABLE
Dinner
No photocopies, 1 coupon per table, not to be combined with any other offer, minimum two people per table.
EXPIRES 06/24/2015

Rideau opens to buses, cabs

CONSTRUCTION

But sinkhole sets back road work to next summer

Ryan Tumilty
Metro | Ottawa

Rideau Street will reopen to buses and taxis by Dec. 16, but the fallout from the massive sinkhole earlier this year will keep construction above ground going on right into next summer.

At a construction update Monday, the city said the Rideau Transit Group would be able to open the street for buses and taxis to get through.

Steve Cripps, the director of LRT implementation, said the complete closure has helped the Rideau Transit Group catch up with the work they needed to do.

"The real key for Rideau Street was the 24-7 closure that has really allowed them to progress," he said.

Cripps said there remains about 20 metres of tunnelling to complete underground.

The Rideau Street sinkhole led to delays on the LRT project. THE CANADIAN PRESS

While they expect it to be finished by mid-December or January, the original plan to have all the work on Rideau done before next summer and before thousands come to Ottawa for 2017 celebrations likely won't happen.

> **The people who work there have been very patient.**
> Coun. Keith Egli

He said some of the work to create vent shafts and other structures on the surface will still be going on next summer.

"The sinkhole has changed a lot of things and that is one we will have to look at," he said.

The city is still waiting for a report on the cause of that sinkhole.

Coun. Keith Egli said having the street reopen is a major step forward.

"I think it's going to be great, the merchants along Rideau the people who work there have been very patient with the city," he said.

"I think reopening it is going to be a breath of fresh air for them."

The city also updated its plans for snow removal this winter, with no major changes to its approach to last winter.

Luc Gagné, the city's manager of road services, said the parking bans will still be put in place when called for and they expect to have enough equipment to clear streets efficiently.

Several forecasters have predicted a winter with more snow and colder temperatures, but he said the city is prepared.

"What they are saying is we are going to be getting a classic Canadian winter," he said.

"It's not something we haven't seen before with the resources we have."

REDBLACKS

Join the victory parade

All of #RNation is invited to join the party Tuesday in celebration of the Ottawa Redblacks' Grey Cup victory.

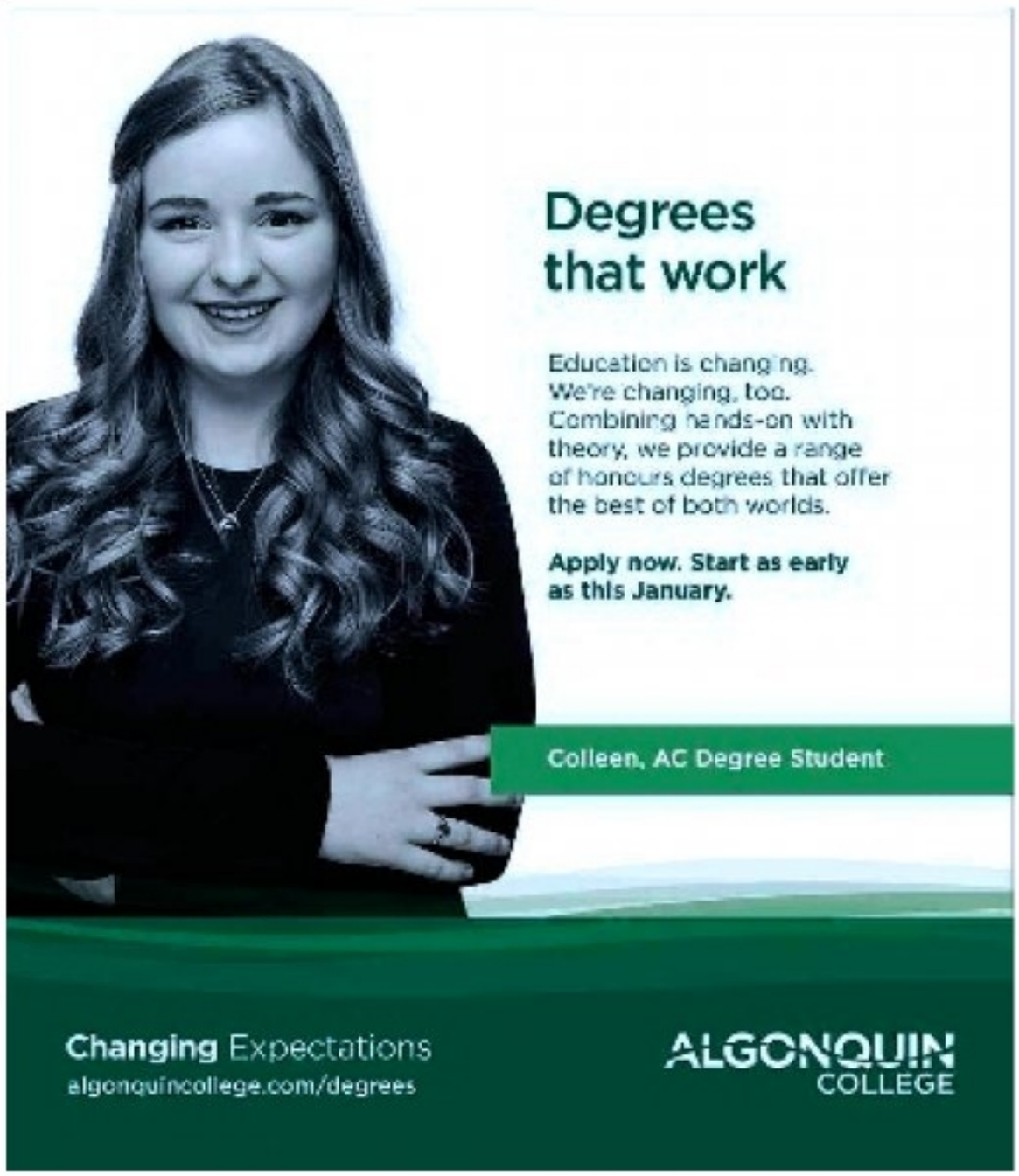
Unfortunately, so is three millimetres of freezing rain, according to Environment Canada. The city announced Monday morning that the parade for the Redblacks will go ahead "rain or shine" on Tuesday. The route will begin at Bank Street and Pretoria Avenue at noon before heading down Bank to Aberdeen Square at Lansdowne Park.

Ottawa police will be doing a rolling street closure along Bank as the parade passes, expected to take 30 minutes. There will also be a DJ and marching band.

Luc Gagné, the city's manager of road services, said they will be out in force along the parade route making sure sidewalks and streets are salted and clear.

"We're hoping the freezing rain will be over before the parade," he said.

RYAN TUMILTY/METRO


Degrees that work
Education is changing. We're changing, too. Combining hands-on with theory, we provide a range of honours degrees that offer the best of both worlds.
Apply now. Start as early as this January.
Colleen, AC Degree Student
Changing Expectations
algonquincollege.com/degrees
ALGONQUIN COLLEGE

ENTREPRENEURSHIP

Co-op program gives students taste of working at startups

Daniel Laframboise doesn't hesitate when asked what excites him about the prospect of becoming an entrepreneur.

"What if you see someone walking down the street and they pull out your app?" the third-year University of Ottawa software engineering student asks. "It means (your work) is no longer theoretical or a school assignment."

Starting in January, Laframboise will get his chance. He'll be joining Ottawa-based Welbi, a startup developing an app that analyzes readings from smart wearable devices such as Fitbit watches and sends notifications to, say, family members of an older user when changes in health are detected.

The placement is part of a new entrepreneurship co-op program at the University of Ottawa aimed at helping individuals who may not be ready to start their own business gain experience working at a startup.

"We need to be more imaginative about developing students' mindset towards entrepreneurship," says Luc Lalande, executive director of the University of Ottawa's Entrepreneurship Hub.

"There's been lots of attention around incubators. But what about the students who don't have an idea for a venture? This gives them a taste for entrepreneurship. We're going to get some students saying, 'This is for me.'"

Luc Lalande is the leader of the University of Ottawa's new Entrepreneurship Hub. CONTRIBUTED/OTTAWA BUSINESS JOURNAL

Many students in traditional co-ops complete work placements at medium- and large-sized organizations that have a large enough budget to pay students.

However, these students don't always get to see the ups and downs that are a fact of life for many companies.

The University of Ottawa believes it's solved this problem through a partnership with RBC, which has pledged $450,000 over three years to pay for students to work at startups.

In a separate stream of the university's entrepreneurship co-op program, students receive $10,000 over four months to launch their own business while receiving mentorship and other support, Lalande says.

He says he expects about a half-dozen students to participate in early 2017 before that number rises to between 30 and 50 the following year. The program is open to University of Ottawa students in a co-op program.

In addition to giving students startup experience, the entrepreneurship program helps early stage companies expand. PETER KOVESSY/OTTAWA BUSINESS JOURNAL

Introducing Bell Total Connect for small business.

Bell Total Connect and Business Internet delivered on the Fibe™ network:

FROM $84.95/MO.[1]
For new customers on a 36-month term

- Work seamlessly on any device – desk phone, laptop, smartphone
- Business phone with 14 calling features + unlimited N.A. long distance[2]
- Manage all your messages as emails with Voicemail to Email
- Business Fibe Internet 25 + unlimited usage + amazing Wi-Fi coverage[3]
- Online security, IT support, Data backup[4]
- The latest features updated through the cloud

Do more and make more every day with Bell – the service provider more Ontario businesses choose than any other.[5]

Call 1 866 530-1767 or visit bell.ca/btc

Bell doing business just got better

Offer ends December 31, 2016. Available to new customers in Ontario, where access and technology permit and where business phone service is not CRTC-regulated. Subject to change without notice and cannot be combined with any other offer. Installation fees of $80 for Internet and $125 for Bell Total Connect. Taxes extra. Other conditions apply. Fibe is a trademark of Bell Canada. (1) Subject to a 36-month term with Internet download speeds of up to 25 Mbps and upload speeds of up to 10 Mbps and Bell Total Connect Go package. Early cancellation charges apply. (2) Includes: 1. Call Display, 2. Call Blocking, 3. Enterprise Directory, 4. Call Trace, 5. 3 Way Calling, 6. Call Transfer, 7. Speed Dial, 8. Call Forwarding, 9. Do Not Disturb, 10. Call Waiting, 11. Last Number Redial, 12. Call Hold, 13. Call Park/Pick-up, 14. Voicemail. Unlimited long distance minutes apply to direct-dialled outbound calls to Canada and the continental U.S., incl. Alaska and Hawaii; excl. toll-free calls. Calls to certain conference or adult services or to high-cost areas may be restricted. (3) Unlimited usage is subject to the Business Terms of Service; see bell.ca/businesstermsofservice. Wi-Fi modem rental included. Speeds and signal strength may vary with your configuration, Internet traffic, server, environmental conditions or other factors. (4) Includes 1 license of Total Protect (Internet Protect, Data Protect and PC Protect). Subject to technical requirements; see bell.ca/totalprotection. (5) Based on a survey of businesses in Ontario by Nielsen.

PROVINCIAL BUDGET

Spending watchdog warns of deficits

Ontario's government spending watchdog says there is "significant risk" the Liberals will not be able to eliminate a $4.3 billion deficit next year as promised.

In his fall economic statement two weeks ago, Finance Minister Charles Sousa said he would dip into a reserve fund to ensure a balanced budget in 2017-18. But the Financial Accountability Office says the Liberals are relying on "optimistic assumptions for revenue growth and program spending restraint."

The arms-length agency says the government's revenue projection is $2.8 billion higher than its estimate for 2016-17, and $5.2 billion higher by 2018-19.

The FAO says the government has a variety of tools that it could use to "temporarily improve" the budget to balance in 2017-18. But it warns maintaining a balanced budget beyond next year "will likely require additional measures to raise revenues or reduce expenses," which would mean new or increased taxes and cutting government programs.

The FAO expected government spending would increase $1.8 billion annually to fund the Liberals' promises in September's throne speech to discount eight per cent of the HST on hydro bills and create 100,000 child care spaces.

But Sousa's fall economic statement reported program expense only $0.4 billion higher in 2018-19 compared to the 2016 budget, "suggesting that these new initiatives may be partially funded though reallocations from existing programs or the contingency funds," concluded the FAO's report.

THE CANADIAN PRESS

TRANSPORTATION

Self-driving cars begin tests on Ontario roads

Self-driving vehicles are hitting Ontario streets, after the province became the first in Canada to open a pilot project to test the automated vehicles on public roads.

Transportation Minister Steven Del Duca announced the program's first three participants Monday, saying they will be working with different levels of automation.

Under the pilot project, a driver with the appropriate licence must remain in the driver's seat at all times to monitor its operation and must follow the rules of the road.

The University of Waterloo's Centre for Automotive Research will test a Lincoln MKZ, auto manufacturer the Erwin Hymer Group will test a Mercedes-Benz Sprinter Van and QNX, a software subsidiary of BlackBerry, will test a 2017 Lincoln.

The pilot is set to run for 10 years.

THE CANADIAN PRESS

Rachel Ngu, 21, volunteers at the Ottawa Food Bank on Monday sorting donated food into boxes. HALEY RITCHIE/METRO

Food bank users struggle to pay hydro bills: Group

POVERTY

Government urged to boost assistance for poor families

Ontario food banks say they are seeing an increase in clients unable to afford the rising cost of hydro bills, which is having a "devastating impact" on the lives of low-income Ontarians.

The association representing Ontario's food banks, which serve 335,000 adults and children each month, is calling on the Liberal government to boost hydro assistance, particularly for the most impoverished families.

"The help that currently exists from the provincial government is not comprehensive or inclusive enough for the majority of Ontario families struggling to make ends meet," the Ontario Association of Food Banks said in a report released Monday.

"The rising cost of hydro is of incredible concern to the OAFB. It is making a direct and, sometimes, devastating impact in the lives of Ontarians who are already struggling to make ends meet, as well as negatively impacting the organizations and programs that are working hard to assist them."

Many food banks have stepped in to offer their own utility assistance and hydro payment plans to clients, the association said. But even the food banks themselves — like many Ontario businesses — are struggling with their own hydro bills, the association said.

Anecdotally, the food banks association said it has seen more clients over the past year struggling with their hydro bills.

$500

One-time emergency payment by the Low-Income Energy Assistance Program for people behind on their hydro bill.

The food bank association urged the government to expand both the Ontario Electricity Support Program and the Low-Income Energy Assistance Program, which provides a one-time emergency payment of up to $500 for people behind on their bill.

To qualify for LEAP a single person in a rural area has to make less than $18,700 and for OESP the income cut-off for a single person is $28,000.

Those requirements are "too stringent" and the help given is a "drop in the bucket," said OAFB executive director Carolyn Stewart.

"If you're someone who's seeing a $400 bill, a $30 credit doesn't go very far when you're behind on your bill," she said.

Premier Kathleen Wynne said in a recent speech that more relief is on the way, in addition to an eight-per-cent rebate set to kick in Jan. 1. What form that will take, the government doesn't yet know. But Energy Minister Glenn Thibeault said he hasn't yet ruled anything out.

THE CANADIAN PRESS

Embassy of
The Hashemite Kingdom
of Jordan

NOW HIRING – Economist Staff

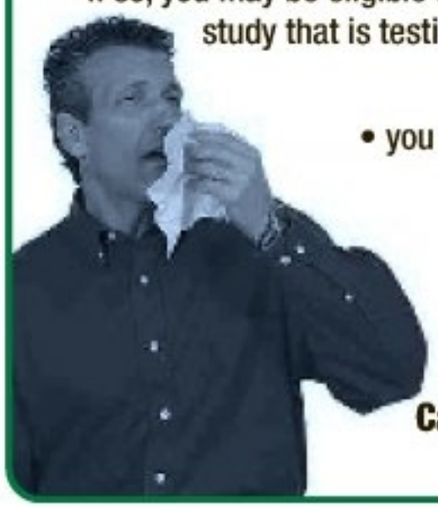
Qualifications and Requirements:

- Education: University degree in Economic, International Trade, Business Management or in any related field (Degree should be officially accredited by Jordan).
- Language: Excellent Arabic/English language proficiency. French is an asset.
- Nationality: Canadian/Jordanian.
- Work Experience & Knowledge: : Minimum 3 years experience in Economic and Trading field with various specialities; excellent knowledge and expertise of the Canadian and Jordanian market; excellent knowledge of the Canadian Jordanian Free Trade Agreement.
- Abilities and Skills : Dynamic, excellent communication skills and able to establish business relations with both countries.
- Contract is for two years and can be extended to maximum one year

To Apply: send resume and cover letter to: **ottawa@fm.gov.jo** no later than Dec 16, 2016

DO YOU SUFFER FROM DUST ALLERGIES?

If so, you may be eligible to participate in a 14 month-long clinical research study that is testing an investigational tablet to treat dust allergies.



You may be eligible to participate if:

- you suffer from nasal symptons (sneezing, itchy nose, runny or blocked nose) due to your dust allergy
- you are in good health
- you are between 12 to 65 years of age

Participants can be compensated for study-related time and travel expenses

Call us now for details! 613-599-5700 ext. 23
Or email us at: kanataallergy@gmail.com

Air Force pilot dies in fighter jet crash

The pilot of a CF-18 fighter jet that crashed near the Alberta-Saskatchewan border has died.

The Air Force said the single-seat fighter was based out of Canadian Forces Base Cold Lake in northeastern Alberta and went down Monday morning on the Saskatchewan side of the Cold Lake Air Weapons Range. The range covers almost 30,000 square kilometres across the two provinces.

The pilot was not identified pending notification of next of kin.

Speaking in Ottawa, Air Force commander Lt.-Gen. Michael Hood said the plane crashed during a routine training mission by 401 Squadron, one of two CF-18 squadrons at the Cold Lake base. The base is the busiest fighter base in the country and provides fighter pilot training for all Canadian Forces pilots.

> **It's a very, very sad day for the RCAF.**
> Lt.-Gen. Michael Hood

"It's a very, very sad day for the RCAF and our hearts go out to the family of our fallen member," Hood said. "More details will be forthcoming. It's just a reminder of the dangerous work that we ask the men and women of our air force and our armed forces to do every day."

Defence Minister Harjit Sajjan said he couldn't speculate on what caused the crash. A flight safety investigation is to look into what went wrong.

"It's too preliminary to make any type of judgement or conclusions," Sajjan said.

"The best thing we can do right now is give the Air Force and the Canadian Armed Forces the space to do the necessary work and then we will have more to say about that."

Conservative Opposition Leader Rona Ambrose, along with defence critics, also offered condolences.

THE CANADIAN PRESS

Justin Trudeau speaks at a news conference in Antananarivo, Madagascar, on Sunday. ADRIAN WYLD/THE CANADIAN PRESS

Trudeau to skip Castro memorials

POLITICS

PM has taken heat for praise of late Cuban dictator

Prime Minister Justin Trudeau's office says he won't be attending any memorial or funeral services for the late Cuban leader Fidel Castro, saying his schedule wouldn't allow him to attend.

Instead, Trudeau has dispatched Governor-General David Johnston to attend a memorial service scheduled to take place Tuesday in Havana. The PMO would not say if any other representatives would attend memorial services or Castro's funeral.

Trudeau's decision follows harsh criticism at home and abroad for a laudatory statement issued on the weekend that praised the dictator's legacy.

Trudeau's statement expressed "deep sorrow" about the death of Castro, 90, without mentioning the human rights violations of his regime beyond referring vaguely to him as "a controversial figure." Trudeau also described Castro as a "legendary revolutionary and orator" who made significant improvements to the education and health-care systems of Cuba.

Trudeau defended his statement by saying he was trying to highlight the connections between Canada and Cuba.

The Opposition Conservatives took Trudeau to task Monday in the House of Commons, urging him to amend his written statement after agreeing in a news conference Sunday that Castro was a dictator.

The Tories demanded Trudeau apologize for trying to whitewash Castro's past.

THE CANADIAN PRESS

IN BRIEF

Senate cautions against Africa peacekeeping

A new report is raising serious questions about the risks of deploying Canadian military and police officers to a UN peace operation in Africa, recommending Parliament should have a say on whether it proceeds.

The report issued Monday by the Senate standing committee on national security and defence says the government should seek approval for a deployment of personnel, and only after the government reveals the anticipated cost, the rules of engagement for how Canadian soldiers will defend themselves, the impact on current military operations, a timetable for when a mission would end, and a clear plan for how soldiers would be counselled after returning.

TORSTAR NEWS SERVICE

Get up to 30,000[1] Aeroplan Miles.

Offer ends December 2, 2016.
Don't miss all those miles.

Conditions apply.

Visit tdaeroplan.com/van or call 1-888-714-4459 to learn more

TD Banking can be this comfortable.

[1] Welcome Bonus of 15,000 Aeroplan Miles ("Welcome Bonus Miles") will be awarded to the Aeroplan Member account associated with the TD Aeroplan *Visa Infinite* Card Account ("Account") only after the first Purchase is made on the Account. To receive the additional 10,000 Aeroplan Miles, you must also: (a) apply for an Account between September 3, 2016, and December 2, 2016; and (b) make $1,000 in Purchases on your Account, including your first Purchase, within 90 days of Account approval. To receive the additional 5,000 Aeroplan Miles you must also (a) Add an Authorized User between September 3, 2016, and December 2, 2016; (b) Authorized User must call and activate their Card by January 16, 2017, and (c) your Account must be in good standing at the time this 5,000 Bonus Aeroplan Miles is awarded. You can have a maximum of three (3) Authorized Users on your Account but you will only receive 1 (one) 5,000 Bonus Aeroplan Miles offer. Annual Fee for each Authorized User Card added to the Account will apply. The Primary Cardholder is responsible for all charges to the Account, including those made by any Authorized User. If you have opened an Account in the last 6 months, you will not be eligible for these offers. We reserve the right to limit the number of Accounts opened by and the number of miles awarded to any one person. Please allow 8 weeks after the conditions for each offer are fulfilled for the miles to be credited to your Aeroplan Member account. Offers may be changed, withdrawn or extended at any time and cannot be combined with any other offer unless otherwise specified. These miles are not eligible for Aeroplan status. All trade-marks are property of their respective owners. ® The Air Canada maple leaf logo and Air Canada are registered trade-marks of Air Canada, used under license. ® The Aeroplan logo and Aeroplan are registered trade-marks of Aimia Canada Inc. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

Sex assault shock in military

MILITARY

Landmark poll shows nearly 1,000 reports in just one year

Nearly 1,000 members of Canada's military say they've been sexually assaulted in the past year, according to a landmark survey.

Women in Canada's military remain the target of sexual assaults, unwanted sexual touching, inappropriate sexual innuendo and jokes, according to the newly released survey that reveals top commanders have much work left to improve the culture within the Canadian Armed Forces.

One in 60 regular force members say they've been sexually assaulted in the last year, mostly unwanted sexual touching, but also including attacks and sexual activity without consent.

That works out to about 1.7 per cent of regular forces personnel, higher than the comparable rate of 0.9 per cent for the general population.

General Jonathan Vance addresses the findings of a Statistics Canada Survey on sexual misconduct in the Canadian Armed Forces. SEAN KILPATRICK/THE CANADIAN PRESS

New statistics released Monday show that women are often the target of misconduct and are four times more likely than men to be assaulted.

In an especially disturbing revelation, almost one-third of women in uniform say they've been the victim of a sexual assault since they enlisted.

The grim stats are part of a landmark survey by Statistics Canada commissioned by the military to undercover the extent of inappropriate conduct in the ranks.

Some 43,000 military members responded to the voluntary survey between April and June and the findings will serve as a benchmark in what promises to be a regular survey to keep tabs on the problems.

Gen. Jonathan Vance, the chief of defence staff, said Monday the findings confirm his decision to launch OP Honour, the military-wide initiative to stamp out misconduct and improve workplace culture, as one of his first acts upon taking command in July, 2015.

But especially troubling for Vance and his top commanders, is that inappropriate behaviour has continued after the launch of that effort.

Vance renewed his pledge that the military will seek out perpetrators. He said that 30 supervisors and higher rank members have been removed from their command because of misconduct and Vance bluntly said they wouldn't be missed if they left the military entirely.

Vance said he was buoyed by the finding that almost 80 per cent regular force members strongly agreed that complaints about inappropriate sexual behaviour would be taken seriously in their current unit.

But he agreed that more work needs to be done to encourage the victims of sexual assault and misbehaviour to report incidents to their superiors or the police.

TORSTAR NEWS SERVICE

By the numbers

49 per cent of women who were sexually assaulted in the last 12 months identified their supervisor or someone of higher ranks as the perpetrator. For men, a peer was commonly the perpetrator. Among regular force members, **27.3 per cent** of women and **3.8 per cent** of men have been victims of sexual assault at least once since joining the Canadian Armed Forces. Unwanted sexual touching was the most common type of assault.

Four in five members of the regular forces saw, heard or were personally targeted by sexualized behaviour in the military. The most common behaviour were sexual jokes and inappropriate sexual comments, but the complaints also included indecent exposure.

Close to **one in five** regular force members were personally targeted by sexualized or discriminatory behaviour in the past 12 months. **Women were twice as likely** as men to being the target of such behaviour.

BROADCASTING

CBC asking feds for $400M to go ad-free

The CBC is asking for an increase of roughly $400 million in government funding to go ad-free on all platforms.

A proposal paper posted to the national broadcaster's website outlines how the CBC/Radio-Canada wants to follow the example of the BBC, Britain's national broadcaster, and be fully funded by the federal government instead of partially relying on ad revenue.

The CBC "has always been funded at a per person level that is significantly lower than … almost all other comparable public broadcasters," the paper notes, pointing out that the BBC receives $114 per citizen while the CBC only gets $34.

The paper proposes a $12 increase to bring the amount it receives from each Canadian to $46, a price it says is "still well below comparable countries."

"The BBC offers a compelling example of how a strong, stable, well-funded public broadcaster can serve the interests of domestic audiences and diverse communities, support the global ambitions of its creative and cultural sectors, and provide a strong foundation for Britain's creative economy,' the paper says.

TORSTAR NEWS SERVICE

ELECTIONS

We're ho-hum on reform

Wanyee Li
Metro | Vancouver

Canadians are open to the idea of electoral reform, but in no rush to see actual change in the way they cast their votes, according to a new Angus Reid Institute poll.

About 72 per cent of respondents said they believe an electoral system that better reflects popular support would increase voter turnout, but only 37 per cent said they are in support of actually changing the system.

"There is some openness, some acknowledgement of the potential benefits of changing, but that doesn't exactly equal a wholesale national call for electoral reform," explained Shachi Kurl, executive director of the Angus Reid Institute.

IN BRIEF

Man threatened to blow up woman to join Daesh

A Quebec man threatened to kill his girlfriend and her son with a car bomb if his plans to join Daesh and reunite with his family in Syria were revealed to the police, the man's criminal trial has heard.

Ismael Habib is the first Canadian to face trial on charges of attempting to leave Canada to join a terrorist group after he was arrested last March by the RCMP. TORSTAR NEWS SERVICE

10K cattle face slaughter

Federal officials say at least 10,000 cattle are going to slaughter as a result of a bovine tuberculosis outbreak in Western Canada.

The Canadian Food Inspection Agency says the animals are considered "high risk" for contracting or transmitting the infectious disease, even though only six cattle have tested positive for bovine TB since the first case was confirmed in September.

The agency last week declared six properties among those considered as high risk for transmission, but added 12 more farms to the expanding list today.

THE CANADIAN PRESS

Word of the year a sign of the times

DICTIONARY.COM

World events cause spike in searches for 'xenophobia'

You might have thought about it, heard it. A lot. You might have even felt it: Dictionary.com's word of the year is "xenophobia."

While it's difficult to get at exactly why people look up words in dictionaries, online or on paper, it's clear that in contentious 2016, fear of "otherness" bruised the collective consciousness around the globe.

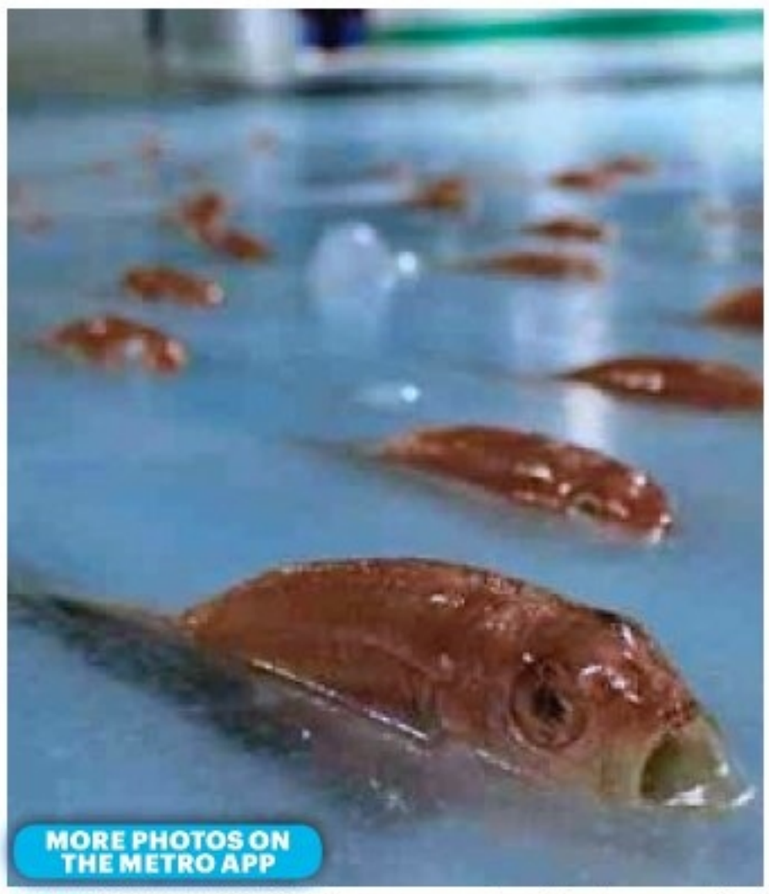
The Brexit vote, police violence against people of colour, Syria's refugee crisis, transsexual rights and the rise of Donald Trump in the U.S. presidential race were among prominent developments that drove debate — and spikes in lookups — of the word, said Jane Solomon, one of the site's lexicographers.

The 21-year-old site defines xenophobia as "fear or hatred of foreigners, people from different cultures, or strangers." And it plans to expand its entry to include fear or dislike of "customs, dress and cultures of people with backgrounds different from our own," Solomon said in a recent interview.

The interest was clear June 24, within a period that represents the largest spike in lookups of xenophobia so far this year. That was the day of Brexit, when the U.K. voted to leave the EU.

Searches for xenophobia on the site increased by 938 per cent from June 22 to June 24, Solomon said. They spiked again after President Barack Obama's June 29 speech in which he said Trump's campaign rhetoric was not a measure of "populism," but rather "nativism, or xenophobia, or worse." THE ASSOCIATED PRESS

Brexit and the U.S. election helped drive up online searches for the word "xenophobia." THE ASSOCIATED PRESS/GETTY IMAGES



JAPAN SOMETHING FISHY An amusement park in Japan sparked an uproar after it displayed about 5,000 dead fish in the ice at a skating rink, forcing the park to close the attraction. About 25 different kinds of fish could be seen under the 250-metre-long ice circuit. The park in of Kitakyushu opened the "Ice Aquarium" as an "attraction never heard about." FACEBOOK/THE ASSOCIATED PRESS

U.S. ELECTION

Jill Stein sitting back recounting her money

Jill Stein is on track to raise twice as much for an election recount than she did for her own failed Green Party presidential bid.

Fuelled by the hashtag #recount2016 and millions of dispirited Hillary Clinton voters, Stein's recount drive had already netted $6.3 million by Monday, according to her campaign website. That's close to the $7 million she posted as a goal and millions more than the roughly $3.5 million she raised during her entire presidential bid.

Citing, without evidence, concerns about "cyber hacking," Stein wants a recount in Wisconsin, Michigan and Pennsylvania — places that Clinton, a Democrat, thought were safely in her column. Instead, Republican Donald Trump won all three and with them the electoral votes needed to win the White House.

Jill Stein. THE ASSOCIATED PRESS

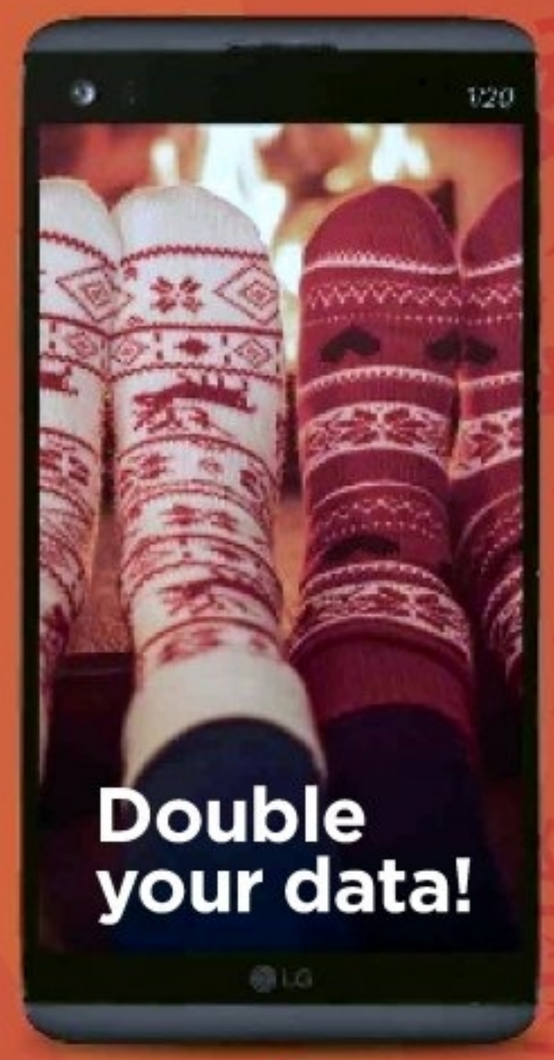
Stein won no states and wouldn't directly or immediately benefit from a recount — nor would she likely be able to topple Trump. Even Clinton's attorney Marc Elias wrote there's "no actionable evidence of hacking or outside attempts to alter the voting technology." THE ASSOCIATED PRESS

Deck the halls with double the data.

Shop early and double your data with Freedom Mobile.

$40 $35 PER MONTH FOR 6 MONTHS. OFFER ENDS SOON.

- 3GB of data + 3GB bonus*
- Unlimited Canada/U.S. talk
- Unlimited global text
- Low international calling starting at 1¢/minute



Freedom mobile

For details, visit freedommobile.ca

LG V20

Learn more at freedommobile.ca. Promo 40 plan and $30 service credit offer are available for a limited time and are subject to change or cancellation without notice. *Bonus 3GB of data per month will only be applied to the plan until January 31, 2018. To be eligible for the $30 service credit, you must activate a new Pay Before or Pay After line on a plan with a monthly charge of $35 or $40. A $5 monthly credit will be applied to your account for up to 6 months to a maximum of $30. The credits will start to be applied to your account as a top-up before tax on your 2nd top-up date (for Pay Before customers) or as a bill adjustment before tax on your 2nd bill (for Pay After customers). May not be combined with any other in-market offer, with some exceptions. Additional terms and conditions apply. LG V20 is a registered trademark of LG Electronics Inc. Screen image simulated. The Freedom Mobile name and logos and other words, titles, phrases, marks, logos, icons, graphics are trademarks of, or are used under license by, Freedom Mobile Inc.

Terrorism possible in university attack

OHIO STATE

Man killed by police 'may have been self-radicalized'

A Somali-born Ohio State University student plowed his car into a group of pedestrians on campus and then got out and began stabbing people with a butcher knife Monday before he was shot to death by an officer. Police said they are investigating whether it was a terrorist attack.

Eleven people were hurt, one critically.

The attacker was identified as Abdul Razak Ali Artan. He was born in Somalia and was a legal permanent U.S. resident, according to a U.S. official.

The details emerged after a morning of confusion and conflicting reports, created in part by a series of tweets from the university warning that there was an "active shooter" on campus and that students should "run, hide, fight." The warning was prompted by what turned out to be police gunfire.

Nicholas Flores grieves during an attack at Ohio State on Monday in Columbus. ADAM CAIRNS/COLUMBUS DISPATCH/THE ASSOCIATED PRESS

Numerous police vehicles and ambulances converged on the 60,000-student campus, and authorities blocked off roads as students barricaded themselves inside offices and classrooms, piling chairs and desks in front of doors, before getting the all-clear an hour and a half later.

Ohio State Police Chief Craig Stone said that the assailant deliberately drove his small grey Honda over a curb outside an engineering classroom building and then began knifing people. A campus officer who happened to be nearby because of a gas leak arrived on the scene and shot the driver in less than a minute, Stone said.

Asked at a news conference whether authorities were considering the possibility it was a terrorist act, Columbus Police Chief Kim Jacobs said: "I think we have to consider that it is."

Rep. Adam Schiff of California, the top Democrat on the House Intelligence Committee, said that while the bloodshed is still under investigation, it "bears all of the hallmarks of a terror attack carried out by someone who may have been self-radicalized."

THE ASSOCIATED PRESS

MOROCCO

TV show sorry for 'cover the bruises' makeup tips

After a wave of criticism, a Moroccan TV show devoted to women's issues apologized on Monday for airing a makeup tutorial that offered tips on using cosmetics to disguise signs of domestic abuse, calling the segment an "error in judgment."

The daily women's show that aired Wednesday and was posted online drew a cascade of sharp criticism on social media, a petition from indignant women and, finally, the televised apology.

The show Sabahiyat featured a demonstration "to show you the makeup you can use to cover the bruises on your face" to mark the International Day to Eliminate Violence Against Women.

A petition signed by nearly 2,000 people was sent to Morocco's High Authority for Audiovisual Communications, which called a meeting Monday. The statement by the show on the 2M channel noted that Sabahiyat has been on the air for nearly six years, always addressing "every issue that matters" to women, adding: "In the name of the Sabahiyat team at 2M, we present our apologies and sincere regret over the beauty segment aired on Wednesday, which was an error in judgment." THE ASSOCIATED PRESS

An American Airlines plane flying US and Cuba national flags arrives at Jose Marti International Airport becoming the first Miami-Havana commercial flight in 50 years. YAMIL LAGEYAMIL LAGE/AFP/GETTY IMAGES

Commercial flights in Cuba after 50 years

Passengers erupted into applause as the first commercial flight from the U.S. to Havana in more than 50 years landed in Cuba, arriving as the island begins weeklong memorial services for revolutionary leader Fidel Castro.

Cubans saluted the packed American Airlines flight by spraying water from firetrucks above the plane as it taxied along the runway at Jose Marti International Airport in honour of the inaugural voyage.

"It was very emotional for me," said Jonathan Gonzalez, 31, a Cuban-American born in Miami who said it was his third time visiting the island.

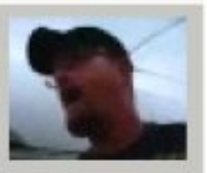
Passengers wearing straw hats provided by American Airlines were greeted with welcome signs in various languages. The visitors arrived at the same time that tens of thousands were paying homage to Castro in Havana and a state-sanctioned ban on live music has hushed the capital's usually festive nightlife.

Gonzalez said he felt he was arriving at what will be a "difficult time" for the island but remained optimistic for the country's future.

"What is coming ahead will be good," he said.

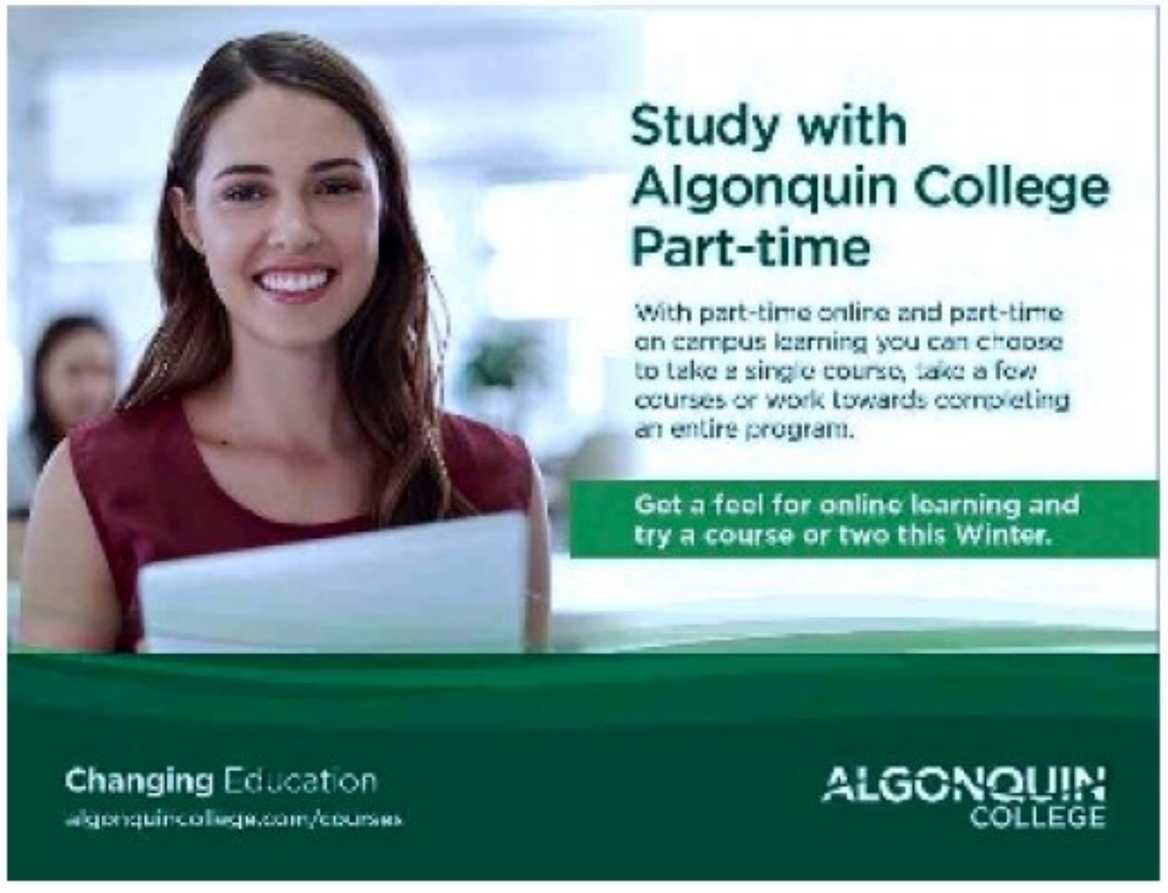
THE ASSOCIATED PRESS

OFF THE AIR



Delta bans belligerent Trumpkin for life

Delta Air Lines is banning for life a passenger who rudely professed his support for Donald Trump and insulted those who didn't on a flight to Pennsylvania.


Study with Algonquin College Part-time
With part-time online and part-time on campus learning you can choose to take a single course, take a few courses or work towards completing an entire program.
Get a feel for online learning and try a course or two this Winter.
Changing Education
algonquincollege.com/courses
ALGONQUIN COLLEGE

Give the gift of delicious coffee
Treat them to Headline Coffee, the subscription service that delivers a new, Fairtrade certified coffee each month.
Order by December 22 for early January delivery
headlinecoffee.ca
MAKE SURE IT'S FAIRTRADE

metro VIEWS
Your essential daily news
Tuesday, November 29, 2016

PAUL WELLS ON WHAT CASTRO LEFT BEHIND

Canadians not named Trudeau will probably continue to watch Cuba as we have for decades, unsure or divided in our response.

I want to talk about the rest of Canada's weird, hesitant relationship with Cuba. But first, since I'm just getting to it now, a few words about Justin Trudeau and Fidel Castro.

We haven't seen Justin Trudeau mourn like this since his dad died. In expressing his "deep sorrow" at the death of Castro, a "larger than life" figure whom Trudeau lauded as "a legendary orator."

Sorry, let's just pause right there. Legendary orator? On Sept. 26, 1960, Castro addressed the United Nations General Assembly for four and a half hours, a record unchallenged to this day in the most boring room on Earth. In 1998 in Havana he spoke for seven and a half hours. Calling Castro a great orator is like calling porn legend Ron Jeremy a romantic: It confuses volume with quality.

Onward. Trudeau lauded Castro's "tremendous dedication and love for the Cuban people," whose speech and dietary protein Castro rationed, by law, for decades. I guess it was tough love.

To be sure, Trudeau balanced his praise with criticism. "During Castro's rule, thousands of Cubans were incarcerated in abysmal prisons, thousands more were harassed and intimidated, and entire generations were denied basic political freedoms," the prime minister wrote. Just kidding! No, that last quote isn't from Justin Trudeau at all. It's from Human Rights Watch. As for the PM, in a communiqué overflowing with praise for Castro, he could find room for only one word about the Cuban dictator's human-rights record: "controversial."

Probably most Canadians have long known that Cubans don't have the government we would want for them.

Nor can the PM's defenders long sustain the notion that his statement must have been penned by some careless lackey in the PMO. No, the communiqué is too solidly in line with the entire Trudeau family's record on the man to be anything but an honest reflection of Justin Trudeau's thought.

Castro was a pallbearer at Pierre Trudeau's funeral. The PM's brother Alexandre Trudeau wrote in the Toronto Star a decade ago that Castro was "something of a superman," whose "intellect is one of the most broad and complete that can be found." Alexandre Trudeau wrote that he "grew up knowing that Fidel Castro had a special place among my family's friends," even if ordinary Cubans "do occasionally complain, often as an adolescent might complain about a too strict and demanding father."

One notes family similarities in prose style.

So a prime minister who claims to prize evidence-based policy was caught putting family connections ahead of the exhaustively documented abuses of a man whose death marks a crucial step in his own people's long-delayed march toward freedom.

SPECIAL RELATIONSHIP Former prime minister Pierre Trudeau looks on as Cuban President Fidel Castro gestures during a visit to a Havana in 1976 THE CANADIAN PRESS FILE

But the rest of us — we cold and bashful Canadians — will probably continue to watch Cuba as we have for decades, unsure or divided in our response to events in the land Fidel Castro leaves behind.

Exhibit A in the theatre of ambivalence is Justin Trudeau's predecessor. Stephen Harper met Raul Castro, Fidel's brother and still the president of Cuba, only 19 months ago, attending what would be Harper's last Summit of the Americas in Panama City. The two men sat smiling awkwardly at each other in hard-backed chairs around a little table.

But reporters covering the summit had to find the photo on the website of Granma, the official Cuban Communist newspaper. Canadian reporters weren't told of the meeting by Harper's staff until they found proof of it on the Castro family's propaganda website.

At his summit-closing news conference, Harper said that for Canada and Cuba, "we're at a point where engagement is more likely to lead us to where we want to go than continued isolation." He said he and Raul Castro had discussed the two nations' "important and long-standing relationship. It's a political relationship, a tourist relationship and commercial relationship to some degree — one that we want to expand."

True, Harper managed to resist marvelling at Castro's charm, oratorical skill, grasp of physics or deep-diving skills, further evidence, if any were needed, that he's no Trudeau.

But Harper's meeting with Cuba's president — only three years after he had blocked Cuban participation at the previous Summit of the Americas — was of a piece with his decision to let Canada be the venue for crucial secret meetings between the Castro regime and the Obama administration.

In both cases, Harper was more eager to get along with the Cubans than to be seen getting along with them.

Why advertise the thaw? A million Canadians a year visit Cuba to enjoy gorgeous beaches and groaning buffets at all-inclusive resorts from which most Cubans remain banned. One winter more than a decade ago, I was one of them. But millions more refuse, even today, to make the trip, believing each dollar they spent would help prop up a corrupt regime.

Probably most Canadians not named Trudeau have long known that Cubans did not have the government Canadians would want for them — and, indeed, not the government Cubans would choose, were they granted the freedom to change their minds about the revolution. But that knowledge doesn't tell us which mix of engagement and isolation is wisest.

Having blown some political capital by saying what he thinks, Trudeau is now going to skip Fidel's funeral. It's a retreat to ambivalence dictated by a public outcry that must have astonished the prime minister, who grew up with a photo of Fidel Castro in his family's home and thought, perhaps, that everybody did.

Paul Wells is a national affairs columnist for the Toronto Star.

No reason to believe council is reasonable

City hall's a magical place where an hour and a half can disappear, as it did last week, in a procedural throwdown over the word "reasonable." Somewhere amid the duelling motions and amendments, points of order and sideline huddles, reasonableness may have left the building.

All this over proposed reforms to the Ontario Municipal Board, the provincially appointed body that can overrule decisions by elected councils, often in favour of developers and often putting councillors' and community groups' noses profoundly out of joint.

The province has asked for feedback on possible tweaks, including a provision that would prevent the OMB from reversing any council decision it deems, yes, "reasonable."

Coun. Tobi Nussbaum, among the supporters of that change, explained: "If thirteen or more of us believe a certain outcome is in the interests of the residents of our city, someone who disagrees with us has two options. They can appeal it to the OMB. If it is not a reasonable decision it will be overturned. Alternatively, if it is reasonable, but an applicant or a group of residents doesn't like it, they can punish us at the ballot box."

But where Nussbaum and his downtown-ward allies saw greater respect for council decisions, opponents only saw opportunities for clever lawyers to drive up costs by litigating meaning.

The majority was keener on the province clarifying the current language, that the OMB "have regard to" the decisions of municipal governments.

And if the OMB is sometimes a straitjacket, to some councillors that's because democracy can get crazy.

"I want to remind council, sometimes we do stupid things," Coun. Marianne Wilkinson said, "and the OMB is a protection for both municipalities and citizens."

Several councillors made the point that when council loses OMB appeals, it's usually because they've gone against the advice of city staff.

A frequently cited example was the city's 2009 rejection of a 1,400-home development in Manotick. Developer Minto successfully appealed to the OMB. Staff had warned council they were likely to lose.

"We were listening to the public in Manotick who thought that growth was way too fast, way too far, that they didn't have the infrastructure in place to support it and that it was going to change the characteristics of that village," Coun. Diane Deans argued. "I think those were all reasonable arguments."

Maybe the reasonableness test would have given the city another leg to stand on in such a case, but there were other important factors at play, like the relative war chests of the parties. The city spent $637,000 losing that case. Minto spent over twice as much, $1.47 million, to win.

For all last week's argy-bargy, all council voted on was advice to the province, which will as usual make the actual decisions. As a statement that municipal governments are ready to run their own affairs like big boys and girls, this high-noise, low-stakes meeting could have been more persuasive.

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout

MANAGING EDITOR OTTAWA
Steve Rennie

ADVERTISER INQUIRIES
adinfoottawa@metronews.ca
General phone 613-236-5058

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Philosopher cat now at
www.mymetrostore.ca

metro LIFE

Your essential daily news

Debut of abortion pill Mifegymiso in Canada delayed to January

INTERIOR DESIGN

Create a serene mood in your home to get away from it all

Megan Haynes
For Torstar News Service

Cosy like the Danes

• Hygge (HUE-geh or HOO-geh) is all about creating a cosy and comfortable environment

There's no such thing as too many candles, says Arne Nordtorp, a Denmark-born Toronto resident, and Danish design aficionado. Soft lighting is key to any happy home. So are cosy blankets and beautiful furniture.

"A lot of people think Danish design is stark and cold, but when you get to the DNA, it's really warm and colourful," says Nordtorp, who owns the Danish furniture and design store Torp on Davenport Rd.

"The space itself needs to be beautiful because when you're in a beautiful space it really makes you feel more comfortable."

It's a philosophy called hygge, and Danes live by it.

The goal is to create an atmosphere that encourages people to "spend time together doing almost nothing at all," Nordtorp says.

Hygge (pronounced HUE-geh or HOO-geh, depending on whom you ask) is all about creating a cosy and comfortable environment, says University of B.C. Danish culture and language lecturer Jens Monrad. And the ideology is currently sweeping the globe, he says.

Five books on the topic have recently been released, while news organizations around the world, particularly in the U.K., have devoted plenty of ink to explaining the philosophy.

While the trend is just starting to bubble to the surface in Canada, the current state of social and political affairs might lead to a surge in popularity here, too.

The old Norse term originally meant "to think of caring for someone or something," Monrad says.

In the mid-1800s — when Denmark was replete with political and civil unrest — the word resurfaced in literature, usually around themes of families coming together to create a comforting environment.

Nikolaj Grundtvig, founder of the Danish People's Church, later equated the concept of creating a cosy and quiet comforting home environment to a churchlike experience, and the philosophy really took off.

"He made the gates of paradise sound like something out of Ikea's Christmas catalogue," says Monrad.

Anytime there was civic unrest, such as during the Nazi occupation in the Second World War, hygge resurfaced until it just became part of everyday life in Denmark, he says.

"It is why in a modern context, (hygge) has connotations of something overly escapist, perhaps a little bit self-satisfied."

Today, it's part of what makes Denmark, Denmark — one of the happiest countries on the planet, according to the World Happiness Report.

With the continued economic slump, global safety concerns, Brexit, Trump — there's never been a better time to create that welcoming and comfortable home environment to escape the stresses of modern life, Monrad says.

But, he adds, hygge is more than just escaping the harsh realities of the world in a candlelit, blanket-covered room.

To live a truly hyggeligt life, it's about fostering a closeness and comfort with friends and family.

Toronto's Steve Miller, an ad agency executive whose mother is Danish, grew up with hygge — candles and blankets everywhere, and plenty of sweets in the home.

Now at 41, he continues his mom's traditions, and there's nothing more hygge than the holidays, he says.

Friends and family come over to eat open-faced sandwiches and pastries around a candlelit table, and they sit around for hours discussing everything and nothing at all.

"Friends, family and laughter — that's hygge."

The Flag Halyard Chair, designed by Hans Wegner and Kasper Holst Pedersen. CONTRIBUTED

CUDDLE UP

Canadian winters are cold and long. Here are three ways to add a little hygge.

Accessories
Candles are crucial for creating hygge at home, Monrad says. Even though Ikea is Swedish, he says, it's a great place to get inexpensive candles, such as the patterned Kornig ($9.99 for a set of three). To really drive home the feeling of warmth, toss some throws, (Ikea's Odort faux-fur blanket, $59.99), onto every

surface possible.

Furniture
When decorating your home, look for comfortable furniture, such as the Flag Halyard Chair ($11,201) from designers Hans Wegner and Kasper Holst Pedersen. And since the dinner table is such an important part of the hygge experience, Nordtorp says a beautiful table, such as the Crosslegged Table (Wegner and Holst Pedersen, $5,092), will encourage guests to linger.

Foods
Bowls of sweets are common in Danish households as are rich, flaky pastries. Pick up Hoj Snegl (cinnamon roll buns), Smakager (cookies) or Smorrebrod (savoury, buttery open-faced sandwiches common at group gatherings) to complete your table.

The mother of all double standards

VASECTOMIES

Permanent birth control access unequal among genders

Sofi Papamarko
For Torstar News Service

Andy Prosserman will never be a father — and he couldn't be more delighted.

The 31-year-old Torontonian commemorated his recent vasectomy with a celebratory photo shoot. In one photo, he tenderly cradles a head of kale like a green, leafy infant. In others, he clutches a bottle of scotch, a Nintendo controller, and his Canadian passport — all things he'll have time to enjoy in the absence of parental responsibilities.

"I've known I didn't want to be a father as far back as I can remember," says Prosserman. "I'd thought about getting a vasectomy when I was in my early 20s. I chose not to do it at that point because I knew things could change and that it would've been irresponsible to do it that young, but I've always assumed I'd do it at some point. And here we are."

Unlike Prosserman, Cam Nursall came to this realization gradually.

> **I don't think it's selfish to know what I want from my life.**
> Samantha Bleiziffer

"I have zero paternal instinct," says the 25-year-old, currently in consultation for a vasectomy. "I want to travel, I want to open a small brewery, I want to ride across the continent on my motorcycle, and kids just don't fit into that."

The choice about whether or not to have children is among the most important we make. If parenthood is ultimately not for us, there are myriad options available to us, including permanent sterilization.

But young people's choices about their own bodies and futures aren't always taken seriously — especially the choices of young women.

Samantha Bleiziffer, 27, is certain she does not want to be a mother and would get a tubal ligation if she could.

"I can't even seem to find a doctor who will sit down and discuss the options with me, like an adult with autonomy over what happens to her body," says Bleiziffer.

"I first tried talking to my family doctor about it when I was 25, because I wanted information on the process and the risks. I was very quickly denied the conversation. My next attempt was at 26, where the doctor at a private women's health clinic denied me the same information and conversation."

Compare this with Prosserman's experience — his vasectomy took place two months after putting in an initial request with his GP.

Tubal ligations are irreversible and more invasive than vasectomies, but this informal double standard is frustrating for young Canadian women certain of their decision.

The current summary guidelines from the Society of Obstetricians and Gynaecologists of Canada (SOGC) state: "Before providing permanent contraception, women should be counselled on the risks of the procedure, the risk of regret, and alternative contraceptive methods, including long-acting reversible contraceptives and male vasectomy. Informed consent must be obtained."

Despite this, several women I've spoken to were stonewalled by health-care providers when requesting information on tubal ligations. Physicians seem especially reluctant to offer it to women in their 20s, like Bleiziffer.

According to Christine Butt, communications and public education representative for the SOGC, there is a technical update for permanent birth control underway, but it is not yet finalized or ready to be made public.

Having children remains the default setting and status quo. Young people who are open or vocal about not wanting them sometimes face criticism and even anger from family, peers and strangers.

One of the more common criticisms they face is that choosing not to have children makes them selfish.

"Having children can be beautiful, but that doesn't mean it's for everybody," says Prosserman. "The only thing that's selfish is forcing your own ideals onto others."

"I don't think it's selfish to know what I want from my life, and if not being a mother is a part of that plan, it truly doesn't concern anybody but me and my partner," Bleiziffer says. "I don't critique anybody's choice to procreate and have kids. All I want is the same respect for my choice."

Andy Prosserman, 31, commemorates his recent vasectomy with a celebratory photo shoot.
PHOTOS BY ANGELINA COCCIMIGLIO/ WWW.BLOG.ACOCCI.COM

GOSSIP BRIEFS

William supports brother Harry's call for privacy

Prince William has supported his brother Prince Harry who has called for restraint in coverage of his private life.

The comments were made after a newspaper suggested that William disagreed with Harry's decision to publicly complain about coverage of his relationship with new girlfriend Meghan Markle, an American actress.

Harry expressed concern about harassment of Markle. THE ASSOCIATED PRESS

Ed Sheeran wounded in royal farce

Social media is heaping scorn on Princess Beatrice after she reportedly slashed singer Ed Sheeran in the face with a ceremonial sword as she pretended to knight James Blunt. The accident took place at a party at the Royal Lodge in Windsor, England earlier in November.

After singer-songwriter Blunt joked he'd like to become "Sir James." The Princess, 28, swung a sword to pretend-knight Blunt. TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

Anatomy of a trial by media

THE SHOW: Amanda Knox
THE MOMENT: The real guilty parties

Giuliano Mignini, the head cop in the 2007 murder case of British student Meredith Kercher in Perugia, Italy, tells the camera why he was convinced that Kercher's roommate, American student Amanda Knox, was the killer.

"Let's imagine what Meredith found when she came home," he says, just making stuff up. "She sees Amanda with Raffaele Sollecito and Rudy Guede," about to have sex. "She couldn't take it anymore. She must have scolded Amanda for her lack of morals. Amanda must have felt irritated, humiliated."

How he knows what either woman "must have felt," he never explains.

Then one of the lead reporters on the story, Daily Mail freelancer Nick Pisa — who printed whatever Mignini fed him — chirps, "I don't think I ever had so many front pages," while copies of his headlines appear on-screen: "Man-Eater," "Femme Fatale."

Eventually Knox was acquitted and Kercher's murderer was found. But the two jackasses above are guilty as sin for their campaign of lies and innuendo.

Their crap kept Knox on trial for eight years, until the case arrived before the supreme court of Italy, which overturned her conviction based on the "stunning flaws" in Mignini's investigation.

Daily Mail freelancer Nick Pisa CONTRIBUTED

As we've seen in the recent U.S. election, people will believe even the most ludicrous misinformation if you repeat it often and loudly enough. Watching this doc, you can't help but shiver: Take one crooked cop, introduce him to one shameless reporter, whip up some nasty public opinion and you can destroy the life of literally anyone.

Amanda Knox is streaming on Netflix.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

metro SPORTS

"If Brazil depends only on Neymar there will be a problem with Brazil, not with Neymar": Brazil coach Tite on the importance of a team-first mentality

GM quick in turning Redblacks into champs

2016 GREY CUP

Desjardins was spot on in lofty projection for expansion club

Ottawa Redblacks general manager Marcel Desjardins was right.

Desjardins surprised many at his first news conference as Redblacks GM in 2013 when he laid out lofty expectations for the expansion franchise.

Marcel Desjardins THE CANADIAN PRESS

"It's going to be a process," he said at his introduction. "I would say hopefully that by the second year we're more competitive and the third year we're competing for a playoff spot if not a Grey Cup."

Three years later, Desjardins addressed media again as architect of a Grey Cup champion after the Redblacks defeated the heavily favoured Calgary Stampeders 39-33 in overtime on Sunday in the 104th CFL final.

Reminded of his comments on Monday, Desjardins reflected on the past three years and the growth of the Redblacks.

"I certainly thought it was possible," said Desjardins. "You don't know exactly how each year will go and the first year obviously was a little more difficult than we had hoped, but again the plan was still there even though the wins weren't there in the first year. We matured last year even though we lost, but I think that gave us some resolve in terms of what it would take to take that final step and fortunate to get it done (Sunday)."

While much of the credit for the Redblacks achievements goes to head coach Rick Campbell and veteran quarterback Henry Burris, Desjardins was instrumental to the Redblacks' overall success.

Desjardins was involved in every decision from the selection of Campbell as the head coach, to the signing of players and the development of the franchise from the ground up to entice quality players to sign in Ottawa.

The result was Ottawa winning its first CFL title since the Rough Riders were victorious in 1976 thanks to Tony Gabriel's fourth-quarter catch.

"I'm just proud to have been able to do it and proud to have been a part of bringing what we have here in Ottawa now which is the first Grey Cup in 40 years," said Desjardins. "My first exposure to this league was in '76 when that guy from Burlington made that catch at Exhibition Stadium so for me this kind of brings it full circle.

"It takes a team off the field too and the hires that I've made have turned out to be pretty good, whether that be Rick and the coaching staff, the personnel department and even the support staff so it's a group effort on all levels."

With the victory Campbell and his father Hugh, who won five Grey Cups as head coach of the Edmonton Eskimos, became the first father/son duo to win Grey Cups.

From the day he accepted the head coaching position Campbell said he and Desjardins were determined to create a winning environment.

"I remember talking with Marcel when we had no coaches, no players was that we were just going to try to get as good as we could as fast as we could," said Campbell. "Not put any limitations on anything and just try and do a good job and work every day. Full credit to our players for stepping up and getting it done."

The Redblacks will wrap up their celebrations with a parade Tuesday afternoon.

Noticeably absent on the flight home was Burris, the game MVP, who chose to return to Ottawa with his family on the train. The 41-year-old quarterback said after Sunday's win that he would take the month of December to spend time with his family then decide on if he'll retire or play another season of football. THE CANADIAN PRESS

Redblacks head coach Rick Campbell carries the Grey Cup through a sea of fans as the team returned to Ottawa on Monday.
JUSTIN TANG/THE CANADIAN PRESS

10

Ernest Jackson had 10 catches, including the game-winning touchdown reception in overtime, for 96 yards. The receiver didn't drop a ball all year, which covers 88 catches for 1,225 yards and 10 TDs during the regular season.

THE CANADIAN PRESS

"I was just so excited to see the end zone wide open. I bobbled the ball up and I just focused on it and finished (the catch).

IN BRIEF

Field in good shape after Grey Cup: Groundskeeper

Toronto FC head groundskeeper Robert Heggie says Sunday's Grey Cup should not leave any kind of hangover for TFC when it comes to the BMO Field playing surface for the midweek MLS playoff showdown with Montreal.

Heggie says that he and his crew are repairing where needed, fertilizing and readying the grass.

Toronto, which trails 3-2 on aggregate, hosts the Montreal Impact on Wednesday in Game 2 of the Eastern Conference final. The winner will face the Seattle Sounders in the MLS Cup final on Dec. 10. THE CANADIAN PRESS

Holocaust ice dance routine sparks outrage

Olympic ice-dancing gold medallist Tatiana Navka and dancing partner Andrei Burkovsky have caused controversy by dressing up in concentration camp uniforms for a routine on a popular television show.

The Russians dressed in striped uniforms bearing yellow six-pointed stars and heavily made-up to look bruised and frail. THE ASSOCIATED PRESS

Baseball representatives to meet about new CBA

Negotiators for baseball players and owners are meeting this week in Irving, Texas, in an attempt to reach agreement on a collective bargaining agreement to replace the five-year contract that expires Thursday. After eight work stoppages from 1972-95, baseball has had 21 years of labour peace. THE ASSOCIATED PRESS

Brady's knee acting up

Patriots quarterback Tom Brady says his injured knee feels better than it did after the team's last game.

A day after leading New England to a 22-17 win over the New York Jets, Brady said the knee was acting up during the game. But he said he hopes it will be better on Sunday, when the Patriots play the Los Angeles Rams. THE ASSOCIATED PRESS

MAKE IT TONIGHT

Cheesy French Onion Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The debate should be over the cheese to crouton ratio in this pub favourite.

Ready in 30 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

Ingredients
- 2 onions , thinly sliced
- 1 clove of garlic, minced
- 2 Tbsp butter
- 2 tsp sugar
- 1 Tbsp fresh thyme
- Salt and pepper to taste
- 1 Tbsp flour
- 1 Tbsp balsamic vinegar
- 4 cups beef stock
- half a stick of baguette
- 1 cup grated Gruyère and Parmesan mixed

Directions

1. In a Dutch oven, melt butter and toss onion slices, garlic, sugar, thyme and pinch of salt and pepper. Cook over medium low heat for 15 to 20 minutes, stirring frequently, until onions soften.

2. Sprinkle the flour over the onion mixture and stir. Add the vinegar and a cup of stock. Stir well, scraping the bottom of the pot to deglaze. Add the rest of the stock and simmer for 10 minutes.

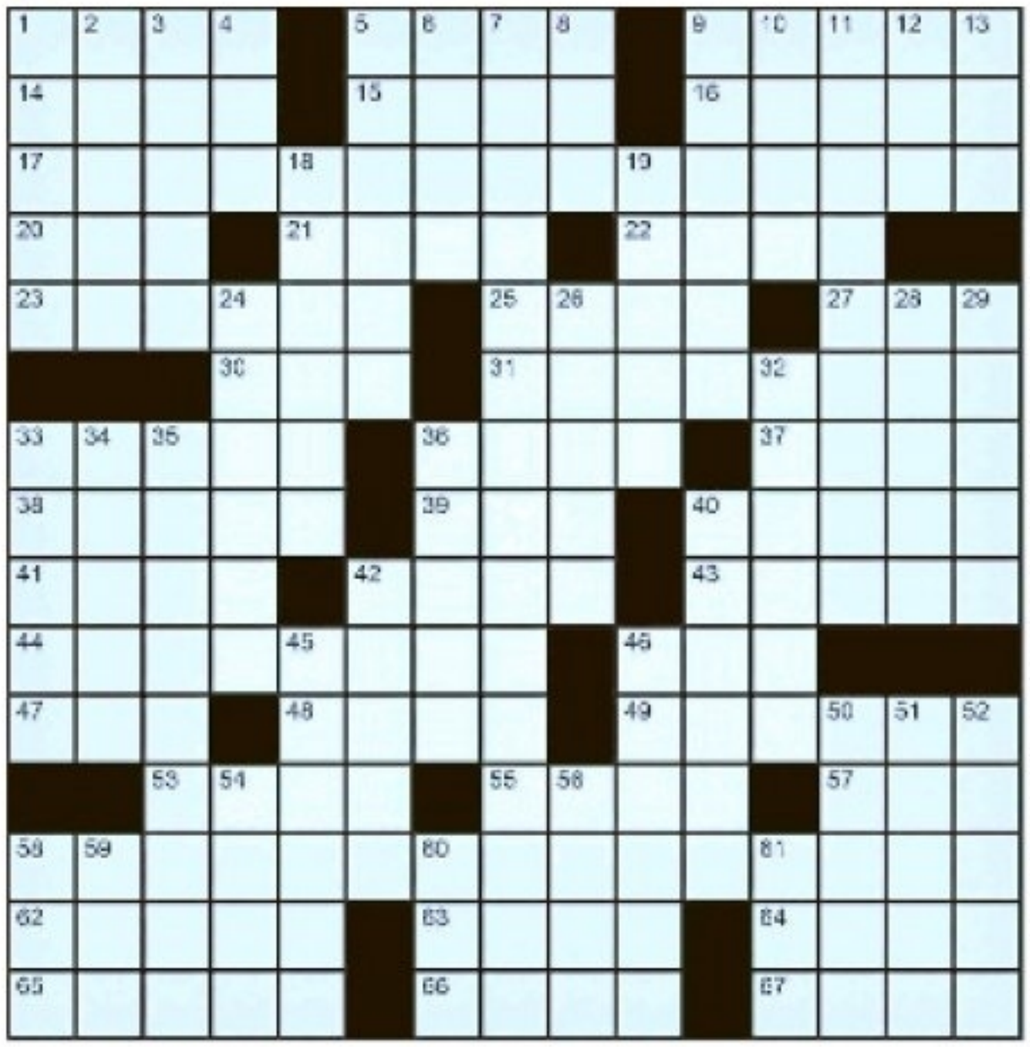
3. Turn your oven onto broil. Cut bread into 1-inch thick slices. Cut as many slices as bowls of soup you'll be serving. Lay them on a cookie sheet and put a layer of the cheese mix on each piece. Broil in oven until cheese melts and bread is golden brown.

4. Remove bread from oven and cut into pieces. Ladle the soup into bowls and top with a slice of bread's worth of croutons.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Club drink
5. Abundant
9. Eclipse variety
14. Above
15. Adjoin
16. Cartoon style of Japan
17. Like a movie or TV production with an East Coast setting, maybe: 3 wds.
20. Carpenter _
21. Conceal
22. Intensely dislike
23. Harvester
25. Space: Primordial matter
27. Li'l photo taker
30. Entries
31. Item worn under a sheer blouse
33. Newfoundland's _ Banks
36. Novembre, par exemple
37. Rapper, T-_
38. Sloughs off, States-style
39. Every
40. Chatters
41. X-_ knife
42. NBC personality Ms. Kotb
43. Milo of "Romeo and Juliet" (1968)
44. Wintertime hazard: 2 wds.
46. "The _ of Us" (1994)
47. Mr. David of "Curb Your Enthusiasm", to pals
48. Put on _ _ (Complete the suit look)
49. Ludicrous
53. South's opposite ...as a typo
55. Singer sampled on Eminem's "Stan"
57. Philosopher, _-tzu
58. Realm for Canadian food brands Clover Leaf and Brunswick: 2 wds.
62. 'Weird Al' Yankovic spoof hit: 2 wds.
63. Indigo dye
64. Bark's coveree
65. Rosebud, and others
66. Ms. Hudson
67. Wool

DOWN
1. Up to now: 2 wds.
2. Sheep-like
3. Northwest Territories... Mackenzie _
4. Fortify
5. Devices for detecting
6. 'Sacred' bird of ancient Egypt
7. 1989 chart-topper for American rapper Tone-Loc: 3 wds.
8. Shakespearean suffix
9. Submarine meat layer
10. Taking action: 2 wds.
11. Pro to counsel with about goals and challenges: 2 wds.
12. "I _ _ Thief" (1934) starring Mary Astor
13. Pal to Fido or Rover
18. Alters the text
19. "Pardon me..." [pl.]
24. Patchy-coated horses
26. "Dancing with the Stars" alum Ms. Ali
28. Similar
29. High IQ society
32. Cramps
33. Google service
34. Mo _ (Correspondent on CBS' "Sunday Morning")
35. Interchange
36. New Zealand language
40. BC: Community on Cowichan Lake
42. _-_-trot
45. Futuristic cards at the carnival
46. Aerosmith: "Back in the _"
50. Ne plus _ (Perfection)
51. Less grilled at the steakhouse
52. Respected group member
54. Wizard _ _ (Comic strip)
56. 'A.' of Vivica A. Fox or 'J.' of Michael J. Fox, briefly
58. The Outsiders author Ms. Hinton's
59. 'Ether' ender
60. Fargo, North _.
61. Farm enclosure

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
An unexpected flirtation with a boss or someone in authority might occur today. Certainly, right out of the blue, people in power are impressed with you for some reason!

Taurus April 21 - May 21
Unexpected opportunities to travel might fall into your lap today. Act quickly, because this window of opportunity will be brief. Flirtations with someone different also might excite you.

Gemini May 22 - June 21
Surprise gifts, goodies and favors from others can come your way today. If this happens, say "yes" — quickly! Keep your pockets open

Cancer June 22 - July 23
A friend or partner might please you in an unexpected way today. He or she might even sweep you off your feet. Be open to whatever happens.

Leo July 24 - Aug. 23
Unexpected praise and possibly a raise will come your way at work today. For some reason, people admire you. Just say, "Thank you!" This is your good fortune.

Virgo Aug. 24 - Sept. 23
A surprise invitation to a fun event will please you today. Likewise, an unexpected flirtation might amaze you. Sports events will have unexpected results. Meanwhile, because this is a mildly accident-prone day for your kids, be vigilant.

Libra Sept. 24 - Oct. 23
You might unexpectedly entertain at home today, or you might buy something beautiful for your home. Real-estate opportunities look good as well.

Scorpio Oct. 24 - Nov. 22
This is an enjoyable, exciting day because you're meeting new people and seeing new places. You're also full of clever, bright new ideas! It's a strong day for writers, salespeople, actors and teachers.

Sagittarius Nov. 23 - Dec. 21
Many of you will see ways to boost your income today or to make money down the road. Trust your moneymaking ideas. (You might even get a raise.)

Capricorn Dec. 22 - Jan. 20
This is an exciting, social day for you! You're ready for adventure and something different, which is why you are attracted to people who are unusual. Stay flexible today.

Aquarius Jan. 21 - Feb. 19
Secrets might be revealed today. Something unexpected is taking place behind the scenes. Because you sense this, you feel a bit restless and excited.

Pisces
Feb. 20 - March 20
You might meet someone new today who is bohemian or avant-garde. Or perhaps someone you already know will do something that completely amazes you!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

3								2
		6			9			
			4	2		7	8	
8					5			
		9		4		1		
			2					4
	2	5		9	1			
			5			3		
1								5

©2016 Conceptis Puzzles, Inc. by Krug Enterprises, Inc.

THE HANDY POCKET VERSION!
Get the news as it happens
metro
Download the Metro News App today at metronews.ca/mobile

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

5	4	2	6	9	7	3	8	1
1	8	9	5	4	3	6	2	7
6	7	3	1	8	2	4	5	9
7	1	6	3	5	8	2	9	4
4	3	8	7	2	9	1	6	5
9	2	5	4	1	6	8	7	3
3	9	4	8	6	5	7	1	2
2	6	1	9	7	4	5	3	8
8	5	7	2	3	1	9	4	6

TODAY ONLY!

Tuesday, November 29

IN STORE AND AT THEBAY.COM

FREE ONLINE SHIPPING ON ORDERS OF $99 OR MORE*

70% off

Gold and Pearl fine jewellery**

Plus, 60% off

diamond and gemstone fine jewellery**

HUDSON'S BAY

0%

PAY NO INTEREST FOR 2 YEARS

WITH 24 EASY MONTHLY PAYMENTS & NO ADDITIONAL FEES!

See below for details.

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. Excludes Hudson's Bay Company Collection. See in store for details. ***FREE SHIPPING:** Receive free standard shipping on a total purchase amount of $99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes furniture, canoes, patio furniture, patio accessories, barbeques and mattresses. ****Gold and Pearl fine jewellery** excludes Diamond and Gemstone fine jewellery, Concerto, V19.69 Italia, Catherine Malandrino, Korite, Naledi Bridal, Ginette NY, Judith Ripka, Ivanka Trump, Alor Fine Jewellery and items with 99¢ price endings. **Diamond and Gemstone fine jewellery** excludes Gold and Pearl fine jewellery, Concerto, V19.69 Italia, Catherine Malandrino, Korite, Naledi Bridal, Ginette NY, Judith Ripka, Ivanka Trump, Alor Fine Jewellery and items with 99¢ price endings. **SPECIAL PAYMENT PLANS:** On approved credit only. Available on selected merchandise when you use your Hudson's Bay MasterCard® or Hudson's Bay Credit Card. Minimum purchase $500 (before taxes). Applicable on in-store purchases only. Equal monthly payments required. See store for details. Hudson's Bay, Hudson's Bay Credit, Home Outfitters, hbc.com and their associated designs are trademarks of Hudson's Bay Company. **Credit is extended by Capital One Bank (Canada Branch).** Capital One is a registered trademark of Capital One Financial Corporation, used under license. MasterCard and the MasterCard Brand Mark are registered trademarks of MasterCard International Incorporated.